



## **TIME AGAIN FOR A FLU SHOT**

### **Flu Shots are Available at East Side Health District**

#### **Nasal spray influenza vaccine not recommended this season!**

The Illinois department of Public Health (IDPH) is urging everyone 6 months of age and older to get a flu shot, not the influenza vaccine nasal spray. Due to concerns about how well the nasal spray has worked during the previous flu season, the Advisory Committee on Immunization Practices (ACIP) is temporarily recommending that people stick to getting a flu shot.

No one likes getting stuck with a needle, but that beats being stuck in bed with a fever, cough, sore-throat, and body aches for days or weeks. According to IDPH Director Dr. Nirav D. Shah, "Anyone can get the flu, even healthy people; getting a flu shot is the first and most important step in protecting you and those around you from getting the flu virus."

The flu virus is spread through droplets when someone with the flu cough or sneeze. That's why it is important to cover your cough or sneeze, discard your used tissues in a trash can and wash your hands frequently with soap and water.

The flu can cause mild to severe illness, and can lead to hospitalization and even death. The Center for Disease Control (CDC) estimates that between 3,000 to 49,000 people in the United States die from flu and flu-related complications every year. People at high risk for serious flu complications, include young children, elderly, people with chronic diseases such as heart disease, diabetes, respiratory disease and pregnant women.

The flu season typically runs from October to May with the peak between December and February. It is important that you get your flu shot early so your body can build up immunity before the peak flu season.

In addition to getting a flu shot, IDPH and East Side Health District recommends following the 3 C's.

- **CLEAN:** Wash your hands frequently with soap and water.
- **COVER:** Cover your mouth when you cough or sneeze.
- **CONTAIN:** Contain your germs by staying home when you are sick. Discard used tissues in a trash container.

Signs of flu may include the following: sudden onset of fever, body aches, chills, and tiredness.

Vaccination can reduce flu illness, doctor visits, missed work, missed school and prevent flu-related hospitalizations.

**To learn more call-East Side Health District at 618/874-4713 EXT 261 or 260.**

**Source: Illinois Department of Public Health: <http://www.dph.illinois.gov/news/time-again-flu-shot>**